ᖃᐅᔨᔾᔪᑕᐅ-

ᔪᓐᓇᖅᑐᑦ

ᓱᕐᕋᖕᓇᖅᑐᒧᑦ

ᐅᐃᕆᓯᒪᓂᕐᒧᑦ

ᓱᕐᕋᖕᓇᖅᑐᖅᑐᓗᐊᖃᑦᑕᕈᕕᑦ
ᐊᐅᓚᑦᑎᔪᓐᓇᐃᓪᓕᑐᐃᓐᓇᕆᐊᖃᖅᐳᑎᑦ
ᐊᑐᖅᑕᕐᓂᒃ.

ᖃᐅᔨᒪᓇᕈᑎᑦ ᐅᑯᐊ:

• ᐊᑐᒃᑲᓐᓂᕐᓂᖅ ᐊᔾᔨᖓᓂᒃ
ᐊᒃᑑᑎᖁᓪᓗᒍ.

• ᓄᖅᑲᕈᒪᒐᓗᐊᖅᖢᓂ ᑭᓯᐊᓂ
ᓄᖅᑲᕈᓐᓇᙱᖦᖢᓂ.

• ᐃᖅᑲᓇᐃᔮᒥᓂᒃ ᑲᒪᑦᑎᐊᙱᓪᓗᓂ,
ᐃᓕᓐᓂᐊᙱᓪᓗᓂ, ᐅᕝᕙᓘᓐᓃᑦ
ᐊᖏᕐᕋᒥ ᐱᓕᕆᐊᒃᓴᓂᒃ.

• ᖁᒃᓴᓱᖕᓂᖅ, ᓂᙵᐅᒪᓂᖅ,
ᕿᑲᕈᓐᓇᙱᓐᓂᕐᓘᓐᓃᑦ
ᐊᑐᙱᑦᑕᕌᖓᒥ.

ᑭᒃᑯᑦ ᓱᕐᕋᖕᓇᖅᑐᒥᒃ

ᐱᑦᑕᐃᓕᒪᓪᓗᐊᖅᐸᑦ

ᓯᖓᐃᒍᕕᑦ ᐊᒫᒪᒃᑎᑦᑎᒍᕕᓪᓘᓐᓃᑦ.
ᓱᕐᕋᖕᓇᖅᑐᖅ ᐱᐅᔪᓐᓃᖅᑎᑦᑎᔪᓐᓇᖅᐳᖅ
ᓄᑕᕋᓛᑉ ᐱᕈᖅᐸᓪᓕᐊᓂᖓᓂᒃ
ᖃᓄᐃᙱᑦᑎᐊᕈᓐᓇᕐᓂᖓᓂᒡᓗ
ᐊᑯᓂᐅᔪᒃᑯᑦ.

ᐃᒡᕕᑦ ᖃᑕᙳᑏᓪᓘᓐᓃᑦ
ᐱᖃᖃᑦᑕᖅᓯᒪᔪᖃᑦᐸᑦ ᐃᓱᒪᒃᑯᑦ

ᐋᓐᓂᐊᕈᑎᖃᕐᓂᕐᒥᒃ.
ᑕᒪᓐᓇ ᐃᓚᖃᖅᐳᖅ ᖃᕋᓴᒃᑯᑦ
ᐃᓕᖅᑯᓯᖅᓱᙱᓐᓂᕐᒥᒃ,
ᑐᓵᔭᒐᖃᕐᓂᕐᒥᒃ ᐅᐃᕆᓯᒪᓂᕐᒥᒡᓘᓐᓃᑦ.

ᐃᖅᑲᐅᒪᔪᓐᓇᑦᑎᐊᙱᓪᓗᓂ ᐊᒻᒪ
ᐅᔾᔨᖅᓱᑦᑎᐊᕈᓐᓇᙱᓪᓗᓂ.
ᓱᕐᕋᖕᓇᖅᑐᖅ
ᐃᓱᒪᑦᑎᐊᕈᓐᓇᐃᓪᓕᑎᑦᑎᔪᓐᓇᖅᐳᖅ,
ᐃᓕᑦᑎᓇᓱᒋᐊᒃᓴᖅ ᐊᒻᒪ
ᐃᖅᑲᐅᒪᓇᓱᒋᐊᒃᓴᖅ, ᐱᓗᐊᖅᑐᒥ
ᒪᒃᑯᒃᑐᓄᑦ 25 ᑐᖔᓂ ᐅᑭᐅᓕᖕᓄᑦ.

ᐊᓯᖏᑦ ᐃᓱᒪᒥᒍᑦ ᐊᔪᕈᑎᓕᖕᓄᑦ
ᐊᑲᐅᙱᓕᐅᕈᑕᐅᕙᒃᑐᑦ.
ᓱᕐᕋᖕᓇᐅᑎᓕᑦ ᐱᑎᑦᑎᔪᓐᓇᖅᐳᖅ
ᐱᐅᔪᓐᓃᖅᑎᑦᑎᓗᓂᓘᓐᓃᑦ

ᓯᕘᕋᓂᕐᒥᒃ, ᓂᑲᓪᓗᖓᓂᕐᒥᒃ
ᐃᓱᒪᑦᑎᐊᕈᓐᓃᕐᓂᕐᒥᒡᓗ.

ᓱᕐᕋᖕᓇᖅᑐᖅ ᐊᒃᑐᐃᓲᖑᕗᖅ
ᐃᓱᒪᔾᔪᑎᖕᓂᒃ ᐊᒻᒪᓗ

ᓱᕐᕋᖕᓇᖅᑐᖅ

ᐊᒻᒪᓗ

ᐋᓐᓂᐊᑕᐃᓕᒪᓃᑦ
ᒪᓕᒃᑕᐅᕙᓪᓕᐊᕙᒃᑐᖅ

ᑲᒪᒋᔭᖃᑦᑎᐊᕐᓗᓂ

ᐊᑐᖅᓯᓂᐊᕐᓗᓂ

ᓱᕐᕋᖕᓇᖅᑐᖅ ᐊᒃᑐᖅᓯᒃᐸᑦ
ᐃᓱᒪᒃᑯᑦ ᖃᓄᐃᙱᑦᑎᐊᕈᓐᓇᕐᓂᕐᒥᒃ,
ᖃᓄᐃᙱᑦᑎᐊᕈᓐᓇᕐᓂᕐᒥᒃ
ᐃᓅᖃᑎᖃᖅᐸᖕᓂᕐᒧᓪᓘᓐᓃᑦ,
ᖃᔅᓯᑲᓪᓚᖕᓂᒃ ᐃᑲᔪᖅᑐᐃᔾᔪᑎᑕᖃᖅᐳᖅ
ᐃᑲᔪᕈᓐᓇᖅᑐᓂᒃ.

ᐃᓗᐊᖅᓴᐃᔨᒧᑦ ᐅᖃᖃᑎᖃᕐᓗᑎᑦ.

ᐅᖃᖃᑎᖃᕐᓗᑎᑦ ᐅᒃᐱᕆᔭᕐᓄᑦ
ᐃᓐᓇᕐᓄᑦ, ᐃᓚᖕᓄᑦ ᐱᖃᓐᓇᕆᔭᕐᓄᓪᓗ.

ᐅᖄᓚᓗᑎᑦ ᓄᓇᕗᒻᒥ ᓄᖅᑲᕐᓂᕐᒧᑦ
ᐅᖄᓚᕝᕕᒃ ᐅᕗᖓ
1-866-368-7848
ᑐᓴᖅᑕᐅᔾᔮᙱᑦᑐᒃᑯᑦ
ᐃᑲᔪᖅᑕᐅᔪᒪᒍᕕᑦ ᐃᓅᓯᓕᕆᔨᓂᑦ
ᐃᓄᒃᑎᑐᑦ, ᖃᓪᓗᓈᑐᑦ,
ᐃᓄᐃᓐᓇᖅᑐᓐ ᐅᐃᕖᑐᓪᓘᓐᓃᑦ.

ᐅᖄᓚᐅᑎᕋᓛᒃᑯᑦ ᑎᑎᕋᕐᓗᑎᑦ
NUQUITS 123456
ᐃᑲᔪᖅᑕᐅᔪᒪᒍᕕᑦ ᐃᑲᔫᑎᒃᓴᓄᓪᓗ.

ᖃᐅᔨᒋᐊᕐᕕᒋᓗᒍ
Facebook.com/NuQuits

ᐅᐸᒃᓗᒍ nuquits.ca.

ᐊᑦᑕᕐᓇᕈᓐᓃᖅᑎᑦᑎᓇᓱᐊᕐᓂᖅ

ᖃᐅᔨᓴᖅᐸᒃᓗᒋᑦ
ᐃᓅᓕᓴᐅᑎᑎᑦ.
ᐅᖃᖃᑎᖃᕐᓗᑎᑦ
ᐋᓐᓂᐊᓯᐅᑎᒥᑦ ᓱᕐᕋᖕᓇᖅᑐᖅ
ᐊᒃᑐᐃᓂᖃᙱᒃᑲᓗᐊᕐᒪᖔᑦ
ᐃᓅᓕᓴᐅᑎᓄᑦ.

ᑐᖅᑯᖅᓯᒪᑦᑎᐊᕐᓗᒍ.
ᓱᕐᕋᖕᓇᖅᑐᖅ ᐃᓄᖅᓯᑎᑦᑕᐃᓕᓗᒍ
ᑕᑯᔭᐅᔾᔭᐃᖅᓯᒪᓗᒍᓗ
ᓄᑕᖅᑲᓄᑦ ᐆᒪᔪᓄᓪᓗ
ᑎᒍᐊᕆᔭᕐᓄᑦ ᑮᒃᓯᒪᔪᒥ
ᐃᓂᒥ. ᐴᖅᑲᖅᓯᒪᓗᒍ
ᐴᖅᑲᖅᓯᒪᑎᓪᓗᒍ,
ᐊᓯᖏᓐᓂᒡᓗ
ᓂᕿᓃᑎᑦᑕᐃᓕᓗᒍ.

ᐱᐅᓛᖑᕗᕐᓕ ᑕᐃᒪ
ᐋᓐᓂᐊᓕᕈᑎᖃᖅᑕ-
ᐃᓕᖁᓪᓗᑎᑦ
ᐊᑐᙱᑎᐊᒻᒪᕆᒃᑯᕕᑦ
ᓱᕐᕋᖕᓇᖅᑐᒥᒃ.

8 - Adult Cannabis Harm Reduction Pamphlet (26+)
htps://nuquits.gov.nu.ca/cannabis/responsible-canna-
bis-use/?utm_medium=printed_pamphlet

nuquits.ca

ᓂᕈᐊᖅᐸᒡᓗᑎᑦ
ᓱᕐᕋᖕᓇᖅᑐᓂᒃ
ᐊᑦᑎᖕᓂᖅᓴᓂᒃ
ᐱᖃᖅᑐᓂᒃ
ᓱᕐᕋᖕᓇᐅᑎᓕᖕᓂᒃ
ᓴᙱᓂᖅᓴᓂᒡᓗ

ᐃᖢᕐᕆᓐᓇᖅᑐᖃᖅᑐᓂᒃ.

ᐊᑐᙱᓐᓂᖅᓴᐅᓗᑎᑦ,
ᐊᑐᒐᔪᙱᓐᓂᖅᓴᐅᓗᑎᑦ.
ᐱᓇᓱᐊᕈᓯᖅ ᐊᑕᐅᓯᐊᕐᓗᒍ
ᑐᖔᓂᓪᓘᓐᓃᑦ ᐱᖃᑦᑕᕐᓗᓂ
ᐊᑦᑕᕐᓇᙱᓐᓂᖅᓴᐅᔪᓐᓇᖅᑐᖅ.

ᒥᑭᑦᑐᒥᒃ ᐱᒋᐊᖅᐸᒡᓗᑎᑦ,
ᑐᐊᕕᐊᕆᙱᓪᓗᒍ.
ᐱᒋᐊᕐᓗᑎᑦ ᐊᑕᐅᓯᕐᒥᑦ
ᒪᕐᕉᖕᓂᒡᓘᓐᓃᑦ ᒥᓗᒃᓯᓗᑎᑦ
ᓱᐴᖅᑐᓕᕌᖓᕕᑦ. ᓂᕆᔭᒃᓴᓂᑦ
ᐊᑐᕈᕕᑦ, ᒥᑭᑦᑐᒥᑦ ᐱᒋᐊᕐᓗᑎᑦ

(2.5 ᒥᓗᒍᐋᒻ ᓱᕐᕋᖕᓇᐅᑎᓕᒃ)
ᐅᑕᖅᑭᓗᑎᓪᓗ ᖃᓄᖅ
ᐃᒃᐱᖕᓂᐊᖕᒪᖔᖅᐱᑦ
ᐱᒃᑲᓐᓂᓚᐅᙱᓐᓂᕐᓂ.

ᐋᖓᔮᕐᓇᖅᑐᑦ ᑲᑎᑉᐸᙱᓪᓗᒋᑦ.
ᐊᑐᖅᐸᒃᖢᓂ ᐃᒥᐊᓗᖕᒥᒃ
ᓱᕐᕋᖕᓇᖅᑐᒥᒡᓗ ᐊᑕᐅᑦᑎᒃᑯᑦ
ᐱᑎᑦᑎᔪᓐᓇᖅᐳᖅ ᓴᙱᓂᖅᓴᒥᒃ,
ᓇᓗᓇᙱᓐᓂᖅᓴᒥᒃ
ᐊᒃᑐᖅᓯᓂᐅᓇᔭᖅᑐᒥᒃ
ᐊᖏᒡᓕᒋᐊᖅᑎᑦᑎᓗᓂᓗ
ᐋᓐᓂᐊᖃᕐᓇᙱᑦᑐᓕᕆᓂᕐᒧᑦ
ᖁᐊᖅᓵᕐᓇᕈᓐᓇᖅᑐᓄᓪᓗ ᖁᐊᖅᓵᕐᓇᕈᓐᓇᖅᑐᓂᒃ.

ᐊᖁᖃᑦᑕᙱᓪᓗᑎᑦ
ᓱᕐᕋᖕᓇᖅᑐᖅᑐᓚᐅᖅᑎᓪᓗᓯ.
ᐅᑕᖅᑭᓗᑎᑦ ᐃᒻᒪᖄ ᐃᑲᕐᕋᓄᑦ
6−ᓄᑦ ᓱᕐᕋᖕᓇᖅᑐᖅᑐᓚᐅᖅᑎᓪᓗᑎᑦ
ᐊᖁᓐᓂᐊᕐᓗᑎᑦ. ᐊᑯᓂᐅᓂᖅᓴᖅ
ᐅᑕᖅᑭᔭᕆᐊᖃᑐᐃᓐᓇᕆᐊᖃᖅᐳᑎᑦ, ᐃᑲᕐᕋᓄᑦ
12−ᓄᑦ, ᓂᕆᔭᒃᓴᓂᑦ ᓂᕆᓚᐅᕐᓗᑎᑦ ᐅᕝᕙᓘᓐᓃᑦ
ᒪᓕᒡᓗᒍ ᖃᓄᑎᒋ ᓱᕐᕋᖕᓇᖅᑐᖅᑐᖅᓯᒪᖕᒪᖔᑦ.

ᓱᐴᖅᑐᖅᐸᙱᓪᓗᑎᑦ.
ᓱᕐᕋᖕᓇᖅᑐᒥᒃ ᓱᐴᖅᑐᖃᑦᑕᕈᕕᑦ,
ᓂᐅᕐᔪᐊᖅᐸᙱᓪᓗᑎᑦ ᐅᕝᕙᓘᓐᓃᑦ
ᐊᓂᖅᓵᖅᑐᖅᑕᐃᓕᒪᕙᒡᓗᑎᑦ.
ᑕᒪᓐᓇ ᐊᖏᒡᓕᒋᐊᖅᑎᑦᑎᙱᓚᖅ
ᐊᒃᑐᖅᓯᓂᕆᕙᒃᑕᖏᓐᓂᒃ ᐊᖏᒡᓕᒋᐊᖅᑎᑦᑎ-
ᑐᐃᓐᓇᕆᐊᖃᖅᖢᓂᓗ ᐱᐅᔪᓐᓃᖅᑎᑦᑎᓂᕐᒥᒃ
ᐳᕙᖕᓂᒃ.

THC